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# THE RECORD.

An Independent Newspaper.

**RECORD PRESS,**

ORION ROSS, President.  
ORION L. ROARK, Editor.

Long-Distance Telephone, No. 72.  
Office in Annex rear Roark store, ground floor.

50 CENTS PER YEAR, IN ADVANCE.

**TERMS.**  
The subscription price of the paper is payable in advance, and when the time has expired, if it is not paid, the paper will be stopped. Cards of thanks, obituary notices, etc., if not longer than ten lines, will be published free. A charge of five cents per line will be made for advertising notices. No variation of this rule to anyone. Free sample copies will be mailed. Advertisements will be inserted. A rate card will be furnished on request. Address all communications and make all remittances payable to THE RECORD PRESS, Greenville, Ky.

**THURSDAY, JUNE 4, 1914.**

Entered at the Greenville, Ky., postoffice as second-class matter.

We are authorized to announce R. A. Thompson, Jr., as a candidate for governor in the 1914 Congressional district, subject to the action of the Democratic party. Primary August 11, 1914.

Having discovered a milk tree in Brazil, the colonel should have persisted until he found a coffee spring.

Despite the convocation of the sea safety committee last year bells should be tolled for those who go down to the sea in ships.

Despite the fact that he does not promise riches to each depositor, Uncle Sam's postal bank is rapidly increasing its volume of business.

Of course the British women who are blowing up things and burning down things for the vote would not allow their box for a good cause in case they got the franchise.

Now that both Munsey and Perkins have paid their respects to the colonel it seems reasonable to think that the progressive party is good for any debts it may contract.

There would have been some thousands of perfectly good American boys killed in Mexico by now if all the public opinion in this country were formed by the noisy jingoes.

Another thing that should have ten the withdrawal of our army from Mexico is the need of thousands of young women for instruction in swimming by the stalwart members of the army of occupation.

As soon as the watchful waiting policy wins President Wilson will be entitled to indulge in a little raucous laughter at the expense of a lot of wise ones who said that such a policy would never do.

One gathers that Senator La Follette is not pleased with anything but himself, and one cannot understand how the creator of so perfect a work could have blundered so greatly in the rest of creation.

William Rockefeller's voice has gone back on him again just as he was about to be asked to testify before the commerce commission. And presumably, he has writer's cramp in his writing hand.

Great economies may follow the discoveries of the woman scientist in Paris who has managed to transform one disease germ into another by the use of ultra-violet rays. Now the poorest of us may presently be able to enjoy the diseases of the excessively rich.

The statement "the horse must go" has been reiterated so often that it no longer attracts attention. But the horse really is going—and going fast. Of thirty-one principal American cities, sixteen show a noteworthy decrease in the number of licensed horse-drawn vehicles in relation to population. The percentages of decrease in seven of these cities, as collected by an organization of horse interests, are suggestive. They are as follows: Indianapolis, 14.5; Columbus, Ohio, 5.9; San Francisco, 4.8; St. Louis, 2.4; Omaha, 2.1; New York, 0.8; Chicago, 0.5. In the other nine cities the average decrease has been 2 per cent, whereas the average increase in population has been 7.8 per cent per year.

**Pain Only the Incident.**  
The big satisfactions of life lie within the reach of every person, whether it be Helen Keller, blind and deaf, or Herbert Spencer, a chronic invalid, or any one of us in whatever situation, meeting our

obligations faithfully and watching for opportunities to help. We do not know why this is so. We know only that we are made so that pain and pleasure are incidents, and the abiding happiness comes from activity in fulfilling the demands that grow out of social life. George Eliot set forth the situation in "Romola":

"It is only a poor sort of happiness that could ever come by caring much about our own narrow pleasures. We can only have the highest happiness, such as goes along with being a great man, by having wide thought and much feeling for the rest of the world as well as ourselves; and this sort of happiness often brings so much pain with it that we can only tell it from pain by its being what we would choose before everything else, because our souls see it is good."—Kansas City Star.

**A Good Carriage.**  
Everyone admires an erect and graceful carriage of the body in others, but too few of us strive to attain it ourselves. The streets of every town are filled with examples of shambling youth and slouching age. When fashion adds to the perversity of humankind such fantastic exaggerations as the "debutante's slouch," the situation becomes very discouraging. The community would be healthier if round backs were considered vulgar instead of fashionable.

The correction of this wide-spread fault is simple enough if we would only apply ourselves to it. A good carriage is purely a matter of habit, a habit of the spinal column.

You need not make painful efforts to hold up your head or throw out your chest; simply insist that the spinal column shall do its legitimate work of supporting the trunk, and your carriage will take care of itself. The spinal column is something of a shirker, especially as it nears the head, which often falls so much out of line that it causes the chest to become sunken and the whole body to sag forward. With some people this slouching habit is so confirmed that they will go through a course or gymnastic exercises and hold the body in a wholly wrong position all the time. Then they will declare with disgust that they "don't believe in exercise."

There is one simple way to discipline a spine that is disposed to shirk its duty; train yourself to feel the back of your collar without lifting your chin. Do it as you read this article, and prove to yourself how well the rest of the body then takes care of itself. An erect carriage is something that anyone who is not deformed can have. It is not a matter of muscular strength. Many persons who have very strong muscles slouch through life like weaklings.

The gain to health that an erect spine causes is enormous. The circulation is equalized, the entire digestive system becomes more active, the head grows clearer, the color improves, and deep breathing becomes natural and easy.

Many sections have been blessed with adequate rains, and conditions indicate that every spot will be visited soon.

**Pointed Paragraphs.**  
Nature never discounts the debt we owe.  
Worry is part of the price man pays for living.  
Seek and ye shall find—this applies especially to trouble.  
A woman says a man must marry to attain perfection.  
When it comes to falling in love a girl is equal to the occasion.  
If you are looking for trouble call on the marriage license clerk.  
A man's idea of a quiet little game is where money does all the talking.  
Bad habits, like weeds grow without cultivation and some trouble to get rid of.  
It's difficult to account for the bright remarks of some children after listening to their parents talk.  
The man who poses as a social lion among women may stack up as a yellow cow among real men.  
Automobiles may be expensive as a wife but a man can trade his old auto for a new one every two or three years.  
College boys and girls are returning to their home here for the vacation period.  
Mr. James Tinsley will leave the first of the week for Oklahoma, and will follow up the wheat harvest to the Northwest.

## NERVOUS HEADACHES

### Heavy Feeling, as If My Brain Was Pressing Down

Mrs. Hill says: "I cannot tell you how much I have suffered during the past twelve years. Twelve years is a long time for any one to suffer. A great multitude of women in this country know exactly what Mrs. Hill means when she says, 'Heavy feeling, as if my brain was pressing down.' So nervous I could not get my rest at night. Would have sinking spells and then so weak that I could not do my work." A great many women in the United States will recognize in this description their own experience.

Mrs. Hill found a remedy. After taking four bottles of Peruna she gained in strength and flesh and wrote us that she was a well woman again. She says, "I cannot thank you enough for my recovery."

This is no ordinary incident. Twelve years suffering. Four bottles of Peruna. Restored to perfect health. If Peruna can do this for one woman why can it not for another? Is it not worth your attention? Is it not worth trying?

Those who object to liquid medicine can now obtain Peruna Tablets.

Jersey cows, Poland china hogs and Scotch collie pups for sale by J. E. Coombs.

## PATENTS

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Anyone sending a sketch and description may quickly ascertain our opinion free whether an invention is patentable. Communications strictly confidential. HARGREAVES, Scott & Co., 300 Broadway, New York.

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A handsomely illustrated weekly. Largest circulation of any scientific publication. Terms, \$5 a year; four months, \$2. Sold by all newsdealers.

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Porch and lawn furniture: swings, settees, chairs, rockers, old Hickory furniture, at Roark's.

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THE MASTER R.R. WATCH



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Because such absolutely accurate time is demanded, the South Bend Studebaker R. R. Watch is coming more and more into universal use upon all railroads.  
A watch of such accuracy as the South Bend Studebaker is none too good for you. Come in and see these fine time pieces.  
**A. E. McCracken, Sole Agent.**  
Greenville, Ky.

LIV-VER-LAX, the liver regulator, ask G. E. Countzler.

## CROUP RELIEVED IN FIFTEEN MINUTES

No need to dose delicate little stomachs with internal medicine—apply **VICK'S Croup and SALVE** Well over three centuries ago, fifteen minutes the worst cases are relieved. Croup can be prevented absolutely by an application of Vick's at bed-time covers with warm flannel. Absolutely harmless. Samples on request. All druggists, 25c, 50c and \$1.00. Vick Chemical Co., Greensboro, N. C.

Sewing machine repairs, supplies, Roark.

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REPAIRING AND MECHANICAL work in a neighborhood recently. Learn about electricity, the coming science and how to use it. Simple, practical, illustrated. Sample copy free. If you want this paper, \$1.00 a year. Sampson Pub. Co., 6 Nassau St., Boston, Mass.

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Photography interests everybody. American Photography teaches it. Beautiful pictures, ready to print. No need of camera, no need of dark room. Sample copy free. If you want this paper, \$1.00 a year. Sampson Pub. Co., 6 Nassau St., Boston, Mass.

## A NICE DINNER

**Cream of Pea Soup**  
**Fried Chicken**  
**Tomatoes**  
**Corn meal Bread**  
**Bean Salad Strawberry Fritters**  
**Sunshine Cakes**  
**Coffee**

To Make Strawberry Fritters—Have large ripe berries, remove hulls, clean them thoroughly, moisten each berry with a little brandy, roll in sugar and let stand till berries absorb considerable sweetness, roll them in finest possible bread crumbs and drop into hot Crisco. Sprinkle strawberries with powdered sugar when taking up and serve them sweetened with cream. Care must be taken that berries are not too ripe they must be quite hard and firm to be perfectly satisfactory when served.

**W. H. BRIZENDINE & CO.**  
Everything Good to Eat  
Greenville, Ky.

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Drink this and be refreshed!

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Sip by sip here's pure enjoyment—cool comfort—a satisfied thirst—a contented palate.

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You can give it an Oak or a Mahogany finish, whichever you prefer.

No painting experience is needed—just Lustr and a brush.

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### IF SO USE LIV-VER-LAX

Read Following Statement From Prominent Greenville Druggist

We have recently received a large shipment of GRIGSBY'S LIV-VER-LAX, the liver medicine which we recommend above all others. When troubled with constipation, or a disordered liver, do not take calomel or other harsh physics to derange the system, but let us supply you with a bottle of LIV-VER-LAX on our personal guarantee, that is, if it does not do all that we claim for it, and if you are not perfectly satisfied we will cheerfully refund your money. A sluggish and inactive liver is the cause of most all diseases. Keep your bowels open and liver regulated with LIV-VER-LAX and you will not be sick. LIV-VER-LAX is purely vegetable, is pleasant, safe and effective, and is good for grown-ups and children all alike. We have unbounded confidence in LIV-VER-LAX, is why we recommend it so highly. We believe LIV-VER-LAX has given more universal satisfaction than any other liver medicine we have ever sold.

**G. E. COUNTZLER**

**DR. MOFFETT'S TEETHINA**  
(TEETHING POWDERS)

Cures Cholera Infantum, Diarrhea, Dysentery, and the Sore Throat of Children of Any Age. Also Regulates the Bowels, Strengthens the Child and MAKES TEETHING EASY.

Costs Only 25c at Druggists, or mail 25c to C. I. MOFFETT, N. B. St. Louis, Mo. Mother! Hesitate no longer, but save the health and life of your child, as thousands have done, by giving these powders. TEETHINA is easily given and quickly counteracts and overcomes the effects of the summer's heat upon teething children.



# ROYAL BAKING POWDER

**Absolutely Pure**  
**Absolutely has no substitute**

Many mixtures are offered as substitutes for Royal. No other baking powder is the same in composition or effectiveness, or so wholesome and economical, nor will make such fine food.

Royal Baking Powder is made from pure, Grape Cream of Tartar. No alum, lime or acid phosphates.

## I. C. R. R. LOCAL TIME CARD.

NORTH BOUND.	
No.	
122 Louisville Express	11:25 am
124 Cincinnati Express	2:30 pm
126 Louisville Limited	3:55 am
128 Central City accommodation	7:15 pm
SOUTH BOUND.	
No.	
125 Paducah and Cairo accom.	5:15 am
123 Pullman accommodation	12:00 pm
121 New Orleans special	3:40 pm
120 N. O. spec. (Louisville passenger only)	1:37 am
Nov. 2, 1913.	W. O. CRAWFORD, Agt.

## Local Mention.

Be on hand, and vote for the children next Saturday.

Baby carriages, 1915 models, new features and prices, at Roark's.

Mr. and Mrs. George W. Morgan motored to Owensboro Monday.

Mr. Lucien Oates, of McNary, was here on business the first of the week.

Want to buy something? Attend the sale of the lock-up next Saturday.

Wheat harvest will be on right away, with a record-breaking yield promised.

Mr. and Mrs. Chas. Stovall spent Sunday with friends in the East Union vicinity.

Francis Reynolds Howard, born May 29, is the guest of honor at the home of Mr. and Mrs. Cam Howard.

Miss Pauline Casbier, of Cleaton, is a visitor of Misses Mary and Myrtle Hayes.

The children of today will be the men and women of tomorrow. Let's give them the best possible advantages of schooling.

Mr. G. E. Countzler has purchased a Ford roadster from Irvin & Gilman and joined the growing colony of Muehlenberg motorists.

Oklahoma, Kansas, Iowa, are wanting about 25,000 harvest hands, each, to care for the wheat crop, and fancy prices are being paid.

We are to have at least two June brides, so says Madam Rumor. And the grooms are residents here, also.

Mr. John Meyerhoffer, of Bakersport, last week purchased an Overland touring car from Irvin & Gilman.

The regular session of the city council scheduled for Monday night was adjourned until Saturday night, on account of the absence from the city of some members.

Mr. W. R. Dennis, city marshal, under direction of an order of the city council, will offer for sale the old city lock-up Saturday at 1 p. m., and invites everybody to attend the sale.

Oh, you Calomel get out of the way and let LIV-VER-LAX do the work. Purely vegetable. Ask G. E. Countzler.

Vote for the school bonds next Saturday, as it will be necessary for us to have extra room if we are to properly care for the children of the school district.

There has been light movement of freight for the past several days, and the between-season quietness will likely continue for some time.

## Summary of School Affairs.

As a proposition is being put to the voters of Greenville Graded School District, No. 14, looking to the issuing of bonds for the purpose of further increasing the scope of usefulness of said school, I suppose naturally a great many of our property owners would be interested in what progress is being made with the bonds issued previously, and for their enlightenment I will submit the following brief summary of the condition of that part of the school's work:

On July 1st, 1909, the Trustees of this District issued and sold \$12,000.00 of the 20 year bonds of the district and erected therewith the magnificent school building, which we now occupy. The bonds were 20 year bonds, made subject to the call of the Board of Trustees, and the Board has adopted a policy of calling and cancelling each year all the bonds they could pay for. We have paid and cancelled \$2900.00 up to July 1, 1913, and have a balance on hand due that fund of \$671.00.

Just a word of explanation as to why this should be on hand is this: Last year all the railroad taxes were tied up in litigation and was not settled until after an interest bearing period and had to be delayed until that time. Our taxes due June 10 for this purpose will after collection expense are deducted be approximately \$1500.00 which will give us \$2200.00. The interest due July 1 will be \$270.00, which deducted from \$2200.00 would leave \$1900.00, which will enable us to pay \$1600.00 more bonds July 1 and leave balance enough to pay interest in January, which must be reserved because we collect no more taxes until June following. This will leave our present bonds outstanding July 1, 1914, \$7500.00. At the present rate, (25 cents on the \$100.00 worth of property) our bonds outstanding can be paid at the rate of \$1100 to \$1200.00 per year, or in other words the whole issue would be paid in 13 years, or six years before they were due. I have gone into this as carefully as possible in order that all may know exactly where we stand and will gladly give any information personally that any citizen may ask me on the subject.

H. C. Lewis,  
Sec. School Board.

Dr. and Mrs. H. Y. Slaton, Miss Aleen Morton and Mr. Burney Shutt made a circle auto tour last Sunday, going to Calhoun, Owensboro, Henderson, Sebree, Madisonville and home, traveling 149 miles without mishap, and enjoying the day.

Mr. F. H. Lewis Sells to His Partner. The firm of Lewis & Fred has been dissolved, Mr. Sidney Fred buying the interest of his partner, Mr. F. H. Lewis. This firm is one of the most progressive in town, Mr. Fred will maintain the concern in its present strong position among our local enterprises. Mr. Lewis has not determined what he will do.

Notice in this issue the ad. of the Central Life Insurance Co., one of the strongest institutions of the kind in Kentucky, and forging to the front at rapid strides.

Dr. J. M. Ferguson and wife, of Central City, were guests of Mr. and Mrs. Cecil E. Roark, south of town, last Tuesday.

Greenville is to have a baseball team this summer, as grounds have been leased, members are being chosen, and all arrangements being made for a series of games. Our business men are aiding in the organization, and the whole matter will be completed, so our people may anticipate seeing some splendid games here during the season.

Now that we have granted a free franchise, we are expecting speedy action on the part of the promoters of the Central City, Greenville and Drakesboro electric railroad. Everybody is in favor of the building of this road, and we all want it as soon as it can be constructed.

Calomel, Calomel, you cannot stay for LIV-VER-LAX has shown us an easier way. Ask G. E. Countzler.

# This Company Received Applications For Insurance Last Month Amounting To More Than

# TWO AND A HALF MILLION DOLLARS

## CENTRAL LIFE INSURANCE CO.

W. H. Gregory, President

Lexington, Ky.

## Notice.

In another part of this issue is a summary of the standing of the school district on the bonds issued July 1st, 1909, which I hope will be read by all the voters and also wish to make plain the fact that the issuance of the bonds called for in the vote of June 6th cannot increase the rate of taxation one cent, but only continue the special tax levied for that purpose long enough to pay off that amount, which can all be paid in 20 years, from July 1, 1909, or in the length of time the first issue was made for, and enable the district to take care of our growth school, which is not only growing in numbers but usefulness in our community.

T. J. Sparks,  
Chairman School Board.

Mr. Bayless Oates was in town from Harp's Hill last Monday, on business matters.

Mrs. M. D. L. Bennett Dies in Georgia. Relatives here were informed Tuesday of the death that morning of Mrs. M. D. L. Bennett at home in Newnan, Ga. Mrs. Bennett lived here several years, but returned to her Georgia home about a year ago, on account of her health, and was soon joined by her husband. She was an estimable woman, and made many friends here.

## House and Contents Ruined.

The residence of Mr. S. N. Galliger, together with the contents, were destroyed by fire last Friday night about 9:30 o'clock. The house was located just east of town, and many persons saw the blaze, but there was no chance for help. The family was away from home, and there is no way to tell just how the flames originated, but it is supposed a defective flue was the cause, from the location of the blaze when first seen. There was a small amount of insurance, but the loss is considerable, as nothing was saved.

Hon. J. Virgil Chapman, of Simpson county, candidate for Congress on the Democratic ticket from this the Third district, was in town and over the county this week, and was pressing his claims in all quarters.

# NOTICE OF ELECTION

Pursuant to an order duly made by the trustees of Greenville Graded White Common School District, number 14, an election will be held at the court house in Greenville, Kentucky, on Saturday, June 6, 1914, between the hours of six A. M. and 4 P. M., at which election the sense of the legally qualified voters of said district will be taken upon the proposition as to whether or not said district shall issue bonds not in excess of the amount authorized by law, and in no event to exceed \$6500.00, for the purpose of building, repairing and equipping suitable buildings for the use of said district.

T. J. SPARKS,  
T. B. PANNELL,  
H. C. LEWIS,  
G. C. MORGAN,  
JOHN J. WALTON.

## "Clint" Ford Dies.

Clinton Griffith Ford, aged 52 years, died at his home in New York City last week, of a complication of ailments that for five years had made him an invalid. "Clint" Ford was an Owensboro boy, and was well known here, where he made social and professional visits a score of years ago. He became a widely known actor, and had visited every part of the country with his own repertoire companies and playing leading parts with some of the stage celebrities of America.

Many sections of the state have been visited by fine rains during the week, but this immediate section is still dry, and the condition will soon be serious. Unless rains come soon, tobacco crops will not be set. Many farmers have already abandoned that, and are putting tobacco lands in corn.

Mrs. B. F. Allison, of Oakland, Calif., is expected here Saturday, on a visit to her mother, Mrs. Annie Terry, who is in serious condition, suffering from the infirmities of age.

## French Remedy for Stomach Troubles

The leading doctors of France have for years used a prescription of vegetable oils for chronic stomach trouble and constipation that acts like a charm. One dose will convince you. Severe cases of years' standing are often greatly benefited within 24 hours. So many people are getting surprising results that we feel all persons suffering from constipation, lower bowel, liver and stomach troubles should try May's Wonderful Stomach Remedy. It is now sold here by G. E. Countzler.



## ROARK—Furniture, Wallpaper, Shades, Moldings

Undertaker's Goods: Coffins, Caskets, Robes, Wrappers, Slippers, Grave Vaults. Disinfection—ROARK

### THE KITCHEN CABINET

There are some places in our country made famous by the wonderful breakfast cakes like muffins and popovers. The secret of success in any line is painstaking care and the one who gives a reputation in any line is one who not only does things well but does them at a less cost than cashed. There is real skill in the making and baking of a good muffin and popover. In the popover we want something entirely different from the texture of the muffin. The inside of the popover is hollow or made up of very large bubbles, so we must remember not to beat the eggs only enough to mix them, as the popover uses the eggs solely for the leavening. In all cakes in which eggs are used for the leavening, the eggs should be slow. With popovers it is extremely essential for their perfection that the oven should be slow at first. As the popover bakes it is that it heat is applied too rapidly at first the mass begins to expand quickly and the mixture being so thin the walls of the air cells burst and the popover refuses to pop. Have the oven so slow that the popovers rise very slowly the first 20 minutes.

#### RISE OF THE POPOVER.

Popovers—Take three eggs, a pint of milk and a pint of flour, sifted before measuring and a teaspoonful of salt. Cream also deep cups or muffin pans; this is another point not usually followed; a shallow pan will not do, the deep panlets come into the best popovers; they will then rise 6 to 8 inches high. Beat the eggs into a foam without separating the yolks from the whites, beat just enough to mix them, then add the milk. In a second bowl have the flour and salt and add the egg mixture slowly beating well until smooth. Strain through a sieve and put into the cups, they should be two-thirds full. They will be done in 20 minutes and should be as light as a feather when lifted. The interior is always slightly moist and they should be served without being piled on one another.

Cold popovers may be opened like cream puffs and filled with any desired filling, then served as a dessert or for a child's lunch. If filled with a good custard this is a most desirable dessert for children.

Nellie Maxwell.

### THE KITCHEN CABINET

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#### SOMETHING NEW.

Cuban Dish—Peel and slice four Bermuda onions into cold water. Leave them there half an hour and dry them well by laying them in a cloth. Have ready in a deep saucepan a dozen ripe tomatoes sliced thin, heat them slowly while you fry the onions in butter to a light brown. When the tomatoes are soft and thoroughly heated, season with salt a teaspoon of sugar and a few dashes of paprika. Add four young okra pods, canned will do, sliced thin, bring to the boiling point and add the fried onions, cook fast for 15 minutes. Line a platter with a well buttered toast and pour the "olla" over them. Set in the oven for three minutes to reheat into the toast and then serve.

Corned Dish—Stew a dozen tomatoes until soft, season with sugar, salt and cayenne to taste. Rub through a colander and return to the fire. In a deep frying pan heat three tablespoonfuls of butter; break into it rapidly six eggs, stirring all the time. As soon as they are broken and mixed, pour on the tomatoes. Cook for 2 minutes, stirring all the time, then add three tablespoonfuls of Parmesan cheese. Turn out and eat with brown bread. This makes a fine Lenten dish.

Lamb's Liver en Casserole—Lay the liver in cold water slightly salted for a half hour to draw out the blood. Rinse it then wipe dry. Fry slices of fat salt pork until crisp and brown, six of them, put them into the casserole and fry six slices of onion in the fat. Take out the onion and add the liver to the fat and brown well all over, add a little soup stock to cover thickened with flour and butter mixed together, add a few small potatoes or cut them in balls, a few onions the same size, a little parsley, put all in the casserole and cook for two hours. This makes a whole dinner with a light dessert and it may be served piping hot right from the casserole. Any kind of meat liked may be prepared in the same way.

Nellie Maxwell.

#### MUST NOT BE WELL COOKED

Point Necessary for Housewife to Remember When Preparing Dishes That Contain Cheese.

It may be interesting to note that when the United States agricultural department experimented on the digestibility of cheese a few years ago it named as the most digestible cheese the so-called American cheese—the best quality, Swiss, Emmentaler, Casu Marzu and cottage cheese. Another point which the department bulletin pointed out was that care should be taken in using cheese in cooking not to burn it or even cook it thoroughly, for there are various digestive disturbances which may arise from the consumption of burned or decomposed fats. For this reason in preparing dishes "au gratin" that is, dishes baked with a sprinkling of cheese—the cheese should not be added till the cooking process has been completed. The cheese should be added at the last moment and allowed merely to melt, but not to brown.

The Italian who makes his midday lunch on bread and cheese and a little greens dressed with oil and possibly a little light wine and sweet, rice fruit has about as sensible and as well proportioned a meal as he could get, though he had studied the science of dietetics all his life.

One of the best ways to make use of the food value of cheese is to use it on vegetables.

#### TRY THESE ORANGE SALADS

Three Guaranteed Recipes of Which This Healthful Fruit Is the Foundation.

Orange Mint Salad—To serve with lamb. Remove the pulp from four large oranges. Sprinkle with powdered sugar and add one tablespoon each of finely chopped mint, sherry and lemon juice. Fill some halved orange skins with the pulp; garnish with sprigs of mint.

Orange Salad—Cut the peel from six oranges, carefully remove all pith and cut the pulp pieces as in natural divisions, sprinkle over these a little over so finely chopped tarragon and chervil, a dessertspoon of olive oil, a dessertspoon of brandy and a pinch of sugar. Use on a dish and serve very cold. It hopped watercress may be substituted for tarragon and chervil.

Orange Salad—Cut thin slices of oranges crosswise, lay them on lettuce leaves, sprinkle with pineapple cut in dice and the meats of shelled walnuts. Pour over three tablespoonfuls of olive oil, mixed with one of lemon juice, and season with a speck of cayenne and some salt, and very little castor sugar.

#### How to Improve Pot Roast.

When the meat comes from market there is usually a quantity of seemingly superfluous fat with it. Do not cut this off for rendering purposes, but make use of it in the following manner: First, cut the fat into strips about one-half by one inch in thickness. Make incisions in the lean portions of the meat about two inches apart. Five or six of these in a second-pound roast will be sufficient. Insert the strips of fat in these holes and trim the protruding portion even with the surface. This method followed before basting will be found to do away with that dryness which is so much in evidence in the pot roast.

Little Home Helps.  
When ironing a blouse with buttons on it, it is often found difficult to iron the material around the buttons. Try this hint and save time: Take a rough towel folded several times, lay the buttons face downward on it and iron over the backs. The buttons sink into the soft towel and the material is quickly made perfectly smooth.

When scissors become dull, put a pin between the blades and rub it up and down, working the blades as in cutting. This will put a new edge on the scissors and takes but a moment's time.

#### New Chocolate Dainties.

Chocolate smirlins are a recent addition to the list of chocolate dainties. They are dapper little fish, three or four inches long, packed in proverbial fashion into a tin foil box which is a good imitation, even to the gilt lettering, of the box their fishy brothers are packed in.

Another chocolate dainty is the butterfly. With wings outspread—and that is the only way he can hold his wings—he measures four or five inches across. He comes in a box shaped just to fit him, decorated on its cover with a butterfly in colors.

#### Boiled Dressing.

Cream four yolks, two tablespoonfuls sugar, one half of butter, one teaspoonful mustard, cayenne pepper and salt. Let come to a boil one-half cup of vinegar and one-half cup of water, thickened with one tablespoon flour and pour over the above mixture. When cold and ready for use mix with plain cream.

#### Good Bread Rolls.

On baking day have some bread rolls as well as the loaves. When the sponge has risen once knead it down and form it into small balls. Drop these into muffin pans, let them rise until light and bake a golden brown.

#### Nut Filling.

Put half a cupful of milk, the same of butter; add two cups of white sugar into a double boiler; boil until it "ropes," remove and beat a little; add a cupful of chopped nut meats and spread at once.

#### A GRAND LITTLE SECRET

By AMELIA ORAKE.

"Aw, and is it you, then me darlin'?" cried Grandmother Kelly joyfully, as her favorite granddaughter tripped across the room and dropped a kiss on the top of her head. "Sure and it's yourself I was wishin' to see, he-leave me. I was thinkin' you'd be along to see your old granny on her birthday, even though there's so many gay things you could be doin' instead. Let the good girl you are, m' darlin'."

"Oh, but it's the fine, grand birthday I'm after havin' the day. And the fun and the laughin' I've had over it, m' lamb. Believe me, m' darlin', but it's the square things they do be givin' a person these days. Just listen, m' lamb. What then, in the name of all that's merciful would this little, dandlin' bit of lace and muslin be doin' to Margaret Riley was for givin' me?"

"A which, m' darlin'?" said and you'll last spell it for me.

"Jas-bet. And it's the grand twist you've got to it. And it's the cute little daughter when all's said and done. It's that pretty and dainty it no make you glad you be livin' the day. Sure and it'll look fine and grand on the little blue frock you're wearin' of a Sunday, m' darlin'."

"And, of course, I'm givin' it to you. What else would I be doin' with it?"

"And did you ever see such a grand little cap as your Aunt Maggie was givin' me? Believe me, there's few caps as grand you'll find anywhere. Sure and it's a bawdwee cap, they're tellin' me. It was a fine joke Maggie and me had over it. 'Sure and where would I wear it, Maggie?' I was askin' her. 'On your head, ma,' she says. 'When you be restin' in your room in the afternoon.' But there's nobody to see it, Maggie. I says, 'and what's the use of being dressed fit to kill in a bawdwee cap when there's nobody to be lookin' at it?'"

"And did you ever see the like of the little fairy handkerchiefs Nello Grogan fetched in to me this mornin'?" Faith, and I thought to myself



"It's a Good Girl You Are."

Nellie must be thinkin' I was in no second babyhood to be givin' me such a wee bit of a handkerchief. But I never let on to Nellie like I thought it was a trifle small, for she's that touchy I would never dared to say such a word.

"And it's a glove handkerchief, you'd say? Well, well, well, I never ever see the like of that? To stick in me glove, you say. Pray tell me what good a handkerchief would be to me if it be stickin' in my glove? Far better let little Sadie have it to play dolls with. Bless the baby, she was sayin' to me only this mornin' that it was to be her doll's birthday the mornin'. Ah, but she's the cute young one. I'll just put the little fairy handkerchief in the pretty little box and hand it to the child for her doll when the mornin' will be comin'."

"And just look at the grand, big embroidered washin' Mrs. Riley, next door, was bringin' in to me. Faith, m' darlin', what with the fairy handkerchief and the giant's wash rag it was the grand laugh I had over me birthday presents."

"A gesset towel, is it, m' darlin'?" Well, what do you know about that? Sure and whoever would a thought it could be a towel? It's glad I am I never let on to Mrs. Riley that I was never knowin' the difference but that she was givin' me a washrag. She'd never got done givin' me the laugh for it. And so I'll just hand it to your mother, m' darlin', when she comes in to see me.

"And look now at what your Uncle Tom gave me. A five-dollar bill, m' darlin'. Sure and it'll take all the youngsters to the movin' picture show and a bag of candy for each of them into the bargain."

"Did you ever hear of anybody havin' such a grand birthday, m' lamb? Sure and I think I'd best live to be one hundred and have a couple of birthdays every year."

"Givin' my things away, is it? And pray why shouldn't I be givin' 'em away? Isn't it myself as has the right to be a fit sellin' on my ninetenth birthday?"

"Unselfish, you say, m' darlin'? Sure and you've got a heart of the wrong word, m' darlin'. Come, put your ear close and listen. It's myself as do be gettin' three times the fun I do be entitled to. There's the fun of gettin' them and the fun of givin' them away."

"But, remember, it's a secret, m' darlin'. It's myself I'll be trustin' not to tell a soul what an old cheat your granny is, and her ninety years old and ought to know better."—Chicago Daily News.

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